

Infinite Receiving Podcast

Title: Despair to Doubtless

Ep 47

Transcript

This is the Infinite Receiving Podcast, helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth. And I'll be sharing with you how you can upgrade your reality through Quantum transformation because you are ready for Infinite Receiving

Hello, hello, hello, you gorgeous human being. It is Suzy Ashworth here and you are listening to the Infinite Receiving podcast. I am excited to be back in your earbuds with part two of my series on how to take a client from despairing to doubtless, essentially 20 minutes or less, we're talking about a laser coaching session where you want somebody to not only feel good, or feel better, but feel really equipped and ready to go and take some action. So this is the context for this episode.

Now, I am looking at this through the lens of a business coach and client. But if you are not a coach, you don't serve clients, I want you to listen to this as though you get to coach yourself. Like this is the process that I take myself through if my coaches aren't available, or, you know, I'm having a meltdown in the afternoon because I'm feeling like a crappy mom, because I just shouted at one of the kids for doing something and I acted out of alignment with what I how I desire to act. And instead of having some perspective and compassion and empathy for myself, I've gone into like, oh my god, I can't do anything, right. What I catch myself how I shift is to go through a process that is very similar to this. If you are a life coach, for example, again, even though I'm really thinking about this with business coaching clients, in my mind, you can absolutely use this. So in the first session, I was really focusing on you and the foundation that you bring to the container, so that you're able to hold a really, really steady ship, and your client feels super happy in showing up in all of their messiness and vulnerability with you. Now we are going to focus on them before the third call, where I talk about how to create an action plan that's meaningful, and that they are actually going to be able to follow through. So I'm going to race through this take notes journal, think about how you can apply this to

yourself. So the first thing that you want to do is just listen. Alright, where are they at? What are they bringing to the table, you already know that they're stressed you just by looking at them, depending on the nature of your relationship and the container that you're in, if you didn't know as soon as they open their mouth, they are telling you and so you really just at this point, want to listen and really hear what it is that they are saying where are they at? This is clarity. When it comes to the stages of transformation, this is the first getting clear. Then you want to ask, like where do they actually desire to be. People can spend a lot of time telling you what they don't want and how they don't want to feel. But ultimately, it's your job as the coach to guide them to where it is that they actually desire. If you're going to if the purpose of the session is to create a roadmap for somebody to be able to move forward then you have to know where the next pitstop is not the end destination. But where is the next pitstop? So where is it that they desire to be and I like tangibles? I want to be able to ask for the sale without completely recoiling. I want to be able to approach my launch and feel good and confident. I want to be able to go on stage and make my invitations with absolute certainty. Why is it that they want? Where do they do

Dieter be and then this is the most important piece. How do you desire to feel by the end of this session in the next 20 minutes? How do you desire to feel? And the reason that this question is so important is that you are going to be able to demonstrate to your client, that they are able to feel exactly the way that they desire to feel in the moment in the now. And there are many amazing tools that you can use to help a client access different feelings attune to a different feeling that they actually want to experience for the most simple thing that you can do is just ask them, when was the last time you felt this way. And as soon as you ask that question, you're changing the direction of the call, you're changing the direction of the negative thought patterns that they have been having. And you're moving into a kinesthetic experience, something that they get to feel. And the feeling piece is really, really important when it comes to helping people facilitate change. Because when we only operate from the mind, it is very easy to get stuck in logic ng ourselves around and around and around and around in loops. If you can Pattern Interrupt through the body, you can change the way that the feedback loop is happening from mind to body, but also from body to mind. And when we can change the way that we feel in the body, we can also change the pattern of thinking and this is what it is that we're looking to do. So we've asked the cerebral question, what is it that you want? And then we're asking the body question, how is it that you desire to feel, when was the last time you felt that way? Just feel that feeling that emotion in your body. Now, it might be safety, it might be peace, it might be joy, it might be calm. Most people are never going to say to you, I want to feel absolute

bliss and ecstasy, if they've come to you in doubt, if they've come to you feeling despairing. If somebody did say that, I would just say absolutely possible. There's probably a few stages in between where you are now and ecstasy, what would the next pitstop be. So you're setting them up for success in being able to make it easier for them to access the sustainable feeling, rather than going for gold, ecstasy, bliss? You know, the highest of the highs is a big leap from low low. So how is it that you want them to feel now usually it's calm, it's peace, it's settled, it's safe. When you're able to help them access that feeling, what you're doing is supporting them in regulating the nervous system. And when the nervous system is regulated, this is when is a great time to start using the brain for problem solving. But when you're in fight or flight, or freeze mode, I don't know what to do, I can't do anything, it's very difficult for you to come up with solutions that are actually useful. It's very difficult for you to execute the plan when your body is in survival mode. And so that's why helping people access that feeling is really important for the next stages. So then there's another reorientation that gets to happen once somebody is feeling calm, and that reorientation is for you to just really look at the facts. So what is actually happening here? And the answer to that question is usually very different, or there is enough difference between the experience that is expressed to you so then lived experience of the beginning of the call the beginning of the session, versus factually what you know, to be true. So often, when somebody is really doubtful they're in despair, you'll notice that the statements that they make are frequently global, I am terrible at this. I'm never going to be able to get that nobody saying yes to me. It's all or nothing thinking. And our job is to create some movement in that very rigid way of looking at what is going on. As soon as we can challenge gently challenge that global thinking. We create space for a new story to emerge. And when it comes to new stories, we're looking at

infinite number of possibilities of what can actually be created. But first of all, we have to create some space. And again, many, many powerful and potent questions that you can use, but one of the best ones is just Is that true? Is that actually true? Nobody's saying yes, yes, it is true. Nobody saying is, okay, cool. When was the last time somebody said yes.

Two days ago, a week ago? Even if it's a month ago, I would have somebody said yes, a month ago. So it's not actually true that nobody is saying yes, somebody did say, Yes,

I did. But it's not the number of people. Okay, great. So when somebody actually says yes, because it's not 100 people, and it's one person, what you do is discount it. And when you discount it, what's the frequency that you are vibrating at? Not enough that? What do we know about that? I'm going on to the reframing. Or perhaps reframing isn't quite the right word for that, offering an alternative

perspective off offering an alternative way of responding, reminding the client that there is always a another perspective that they have access to. Now, a client that wants to be coached a client who is coachable, sees that and we start to create breakthroughs. A client that does not want to be coached a client that is really determined to fight for their limitations, will continue to say yeah, but and sometimes that happens, it's your job before you kind of get into these situations to make sure that you are bringing clients on board who are open to being coached, even in their most challenging moments. And sometimes, when it can all feel too much. It is still your job as a coach to say, look, you can look at it in that way. But how much is it serving you to we're looking always to ask really powerful questions that one highlight what is actually true. And to create spaciousness around the lies that people tell themselves to support the idea that they're not capable, then they're not able to get the result that they desire. And so when I'm doing this for myself is exactly the same process when I'm like, I'm a really ship Mom, is that actually true? Is it always true? Is an even better question. Is that always true? Of course, it's not always true. Fine. If it's not always true, do you need to be quite as hard on yourself? Yeah, but I just did this. And this means. So what are you making it mean? It means that I'm really terrible. Be Is that true? Maybe it's always true that when somebody does x, it means why? Well, no. Okay.

So, once again, re orientating the client. So what would you like to be true? What is the new story that you desire to create? Okay, great. I want to do this I want to do this on it is and how did how is it that you desire to feel? Again, you can reorient it and when was the last time you felt like that? amplify that feeling.

Again, resettling the nervous system, and then from that place, you want to go back to facts, this time, not about the situation about them. Your job is to really know their unique greatness. So you can either reflect that straight to them or just ask them. When are you most in your genius? What happens just before the last time you felt like this, what did you need to do in order to let go and get back into the knowing of who you are? Sometimes the client is going to have all of the answers. And then other times it will be on you to remind them that the last time you saw this pattern, this is what had been going on beforehand. And be able to draw the lines between the patterns of behaviour that lead to this global negative feeling and then be able to offer alternatives. So instead of doing this, instead of thinking like that, was a different thing that you could do. If you weren't worried about this deadline. How would you choose to approach this? You can offer it but what is true is that it is way more potent and powerful when a client is able to identify their own solutions. And as a coach can

assaulting mentor, I also feel very comfortable in being able to say, in situations where I have run into this, what was helpful for me at the time was, when I worked

with other clients, what was helpful for helpful for them at the time was, and you come in with that mentorship piece in your experience piece, if a client is struggling, or you notice that the solutions that they are coming up with, are not necessarily going to help them get to where they desire to get to in this short period of time. Now, the context that I'm sharing this is really important, with a business coaching client, who needs to be bringing in money needs to be able to take action, quickly. If you're working with a live coaching client, or you have a business client, where there is spaciousness in between when they need to be earning or when they need to be ready, then a different approach gets to be taken. But the context of this is actually we need a client to be able to make some moves are gonna make a difference in their business quickly. That's when you might, based on your experience will expensive other clients, if, if you can see a client going off in a direction, that's not going to serve them. Least steer them by offering your own personal experience. And there are, as I say, there are times when that's very appropriate, and other times where you get to hold back. But as a coach, mentor and a consultant, and sometimes a consultant is just like when you when you're creating programmes during consultant mode, this is what you do here. This is how many emails you send out there. This is how you do this, in order for you to follow this method. This method isn't the Holy Grail. This method isn't the only method. But this is the method as I'm teaching it, then you're in consultant mode. So facts about who they are. And the best way to do this is to ask questions that remind them of their genius, and ask questions that remind them of what it is they need to do how it is that they need to be feeling what it is they get to let go off in order for them to be able to access their genius. So you will do this, until you see a shift in the client's demeanour. Their body language will tell you whether there has been a shift whether that's a micro shift or a macro shift, it doesn't matter. When you take clients through this process, there will be some kind of shift. And this can be done over a condensed period, like I say in less than 20 minutes. Once you see that shift, a client is calm, that heart is open, the mind is open, their body is ready to receive, you can then move into the action part of the session, which I will take you through in part three, the third and final part of this series. I hope that you have found this useful.

If you have do me a favour, tag me on Instagram, share it with any of your friends who are coaches who are therapists. I'm really open. If people are like, No, that's not how I would do it at all I'm really interested to hear. If you love this then great if this is helpful for you just in the way that you process your own stuff. You want to be able to challenge global thinking notice when it's all or nothing. Is this always true? What is it that I desire? And how do I desire to feel? When was the last time I felt that way? Okay, now I'm calm.

I get to choose what feels like the next best step for me. But we will talk more about that next best step in our next session. tag me on instagram Suzy underscore Ashworth. And if you would love to uplevel your coaching, if you are in a space where you know that you get good results for your clients, but actually you would love to really feel to really know that you are a world class coach. At the moment we are taking applications for the soft launch of the first cohort, the founding cohort of the infinite receiving coaching certification where you will be able to call yourself a certified infinite receiving coach which essentially means that you are a wealth coach you're able to teach

Teach people and support people on building their intrinsic wealth. So this is really the life coaching element of it, then leverageable wealth, how to be a magnet for creating more money and material wealth in their life. And then experiential wealth. And so this is there. So an infinite receiving coach is a wealth coach, you have the skill set to be able to work with people neurologically, emotionally and energetically on their intrinsic wealth. So how they feel about themselves as a human being so confidence, and well being self esteem, their experiential wealth, this is their life, how they feel about their lives is great for life coaches, and then leverageable wealth, which is all about the manifestation piece and being able to create more money, more material wealth in your life. There will be majors on energetics, on business and on leadership as well if you want to specialise on in any of those three areas, and I cannot wait This certificate is the CRAM that occurred.

And I would love love love for you to be a part of this opening cohort there are a very limited number of scholarships as well. So if you are interested in finding out any more about that, you can apply using the link, Suzy ashworth.com forward slash certification. And in the meantime, I look forward to being in your earbuds next week. And please remember that faith plus action equals miracles

Thank you for listening to infinite receiving with me Suzy Ashworth. I'd love to share with you my infinite receiving activation audio. Go to Suzyashworth.com/activateinfiniteceiving